

THE GARDENERS REST **GUEST ACCOMMODATION**

Our Environmental Policy

The House

Built in 2000-02 the house has double glazed wooden framed windows fitted with Pilkington K glass to allow heat in but not out. Rainwater off the roof and terraces is collected in a 5000 gallon underground tank for the garden.

We have 1 acre of gardens for flowers fruit & vegetables composting and drying bed-linen and clothes.

AIMS

To do as much as possible to reduce the impact of our home and our guests on the local community and the environment

To purchase and encourage our guests to purchase goods and services from the local business community and contribute to the local economy instead of multi outlet chain stores

To buy for guest use & our own consumption local produce and other goods from local suppliers and not multi chain supermarkets.

To encourage local businesses within walking distance to achieve standards which meet the needs of our guests for food, services and entertainment.

To recycle as much as possible of the waste products from the house and business including reuse, composting, chicken food, charity donations, recycle bins and council recycling collection.

To shop with own sustainable bags and refuse all plastic carriers.

To minimise the use of chemicals and aerosols in cleaning the premises and the growing of produce.

To use local businesses for the maintenance and redecoration of the property.

To monitor fuel consumption and reduce waste as much as possible.

To store rainwater and reuse for the garden.

To actively encourage wildlife in the garden.

To inform and encourage guests to use the numerous walks and cycle rides in the locality.

WE REDUCE, RE-USE, & RECYCLE

1. Outside lighting is on a time clock and uses low energy light bulbs.
2. The water, electricity and gas is all metered. The consumption and rainfall is monitored daily.
3. We compost the majority of the vegetable waste and recycle non compostable matter with the council collection service.
4. We recycle bark chippings delivered by local tree fellers as a mulch for the garden
5. We recycle glass and tin and paper including envelopes from which we remove the plastic window.
6. We reuse paper by using the reverse side for printing.
7. We use recycled paper for the printer, toilet and kitchen rolls
8. We use low energy light bulbs wherever practicable.
9. The radiators are all thermostatically controlled and are turned down when the room is unoccupied.
10. We use environmentally friendly vinegar and washing up liquid to clean the sanitary ware mirrors and glass. We use a hand brush for the stairs and carpet edges and brooms for the polished floors and oriental carpets.
11. We use a damp cloth and beeswax to polish furniture.
12. We only use the dishwasher when full.
13. We dry bed-linen, towels and clothes outside on a rotary line.
14. We place water savers in the toilet cistern.
15. We provide information on local walks and cycle rides, local pubs and restaurants, places of interest and activities and literature of local interest.
16. We have copied our own video collection on to DVD for use by the guests free of charge.
17. We do not purchase small individual shampoo and lotion bottles. We clean & top up existing bottles with top quality products.
18. We provide dressing gowns, face flannels, shower scrunch and plastic shower caps which are laundered between guests.
19. The table cloths, napkins and tray-cloths are all cotton or linen and are laundered.
20. The fresh flowers are grown in the garden on site.

21. Pot plants are grown on from year to year.
22. We provide tea bags and sugar in pots rather than individual packets.
23. We have the local newspapers and a national newspaper delivered at weekends only. The newspaper is recycled or composted.
24. We do not use flat screen TVs because they use more electricity. We request guests to turn off the set when not in use. We turn off the computer and screen at night.
25. We wash all bed-linen & towels at 60% to ensure 100% hygiene and air-dry before steam ironing.
26. We offer guests less frequent changes of bedding and towels than every 2 days.
27. If guests are out late we will close their windows and curtains in the evening.
28. The pillows, covers, duvets and mattress covers are all man made fibres which are laundered on a regular basis.
29. Soft furnishings and loose covers are made using recycled linings and materials wherever possible.
30. We turn off the central heating after 10.00pm and after 10.00am. During the period when the central heating is off, we heat the house with the wood burning stove during cold weather.
31. We donate or offer for resale, items surplus to the needs of ourselves and/or our guests
32. We limit our carbon foot print by minimising our car journeys in that we:-
 - A) Bulk purchase good quality meat from local butchers or farm shops and bulk cook dishes such as stews, Moussaka (using home grown Aubergines) and pie fillings, which we then portion and freeze.
 - B) Make a large pot of vegetable soups from home grown garden produce which we then portion and freeze.
 - C) Make potato hash browns from home grown potatoes, bake bread and grow our own tomatoes, rhubarb and soft fruit for our breakfast menu.
 - D) Use free range eggs from the farmers market and next doors chickens who also take the left over food such as rice vegetable stalks and bread.
 - E) Use sausages and bacon from local butchers which we portion and freeze.
 - F) Make our own scones for welcoming guests which we then freeze.
 - G) Use a local supplier for jams, marmalades and chutneys, the proceeds of her sales go to local charities.

- H) Use oranges which we freshly juice
33. We support local nurseries for our seeds, bulbs and plants.
 34. We have planted several young fruit and ornamental trees in the garden which absorb more carbon dioxide.
 35. Local arts & crafts are commissioned wherever possible in particular the Internal window in the hall and the loose covers.
 36. The central heating and hot water boiler is serviced every year by the gas board under contract.
 37. We use hot water bottles and allseason duvets to heat the bed at night during the winter, instead of central heating and electric blanket
 38. For entertainment during the winter evenings, we read, play cards and board games or do crosswords rather than watch TV.
 39. We also offer board and card games to our guests for their entertainment.